

CatholicCare | Strengthening your Relationships

Wollongong Courses - Term 3, 2019

Call us 4254 9395
enquiries@catholiccare.dow.org.au
www.catholiccare.dow.org.au



For Parents & Carers

123 MAGIC & EMOTION COACHING

For Parents/Carers of children aged 2-12 years

Learn to be present and consistent as a parent. Provides a structured approach to managing your child's challenging behaviours.

3 x 2.5 hour sessions held weekly

\$45

Tuesdays 23, 30 July & 6 August, 9:30am - 12pm
OR Thursdays 5, 12, 19 September, 1:30 - 4pm

SEEING RED - Introduction to managing challenging emotions

For Adults

Strong emotions are natural and are felt by everyone. Learn to recognise, communicate and listen to your feelings and others feelings. Learn to express these feelings in an assertive way.

3 x 2 hour sessions held weekly

\$45

Tuesdays 30 July & 6, 13 August, 1:30-3:30pm
OR Thursdays 1, 8, 15 August, 10am-12pm

CIRCLE OF SECURITY PARENTING™

For all Parents/Carers

A must for all parents. Children who feel secure have empathy, greater self esteem, better relationships and increased capacity to handle their emotions. Understand your child's world by learning to read your child's emotional needs.

5 x 2 hour sessions held weekly

\$75

Tuesdays 23, 30 July & 6, 13, 20 August, 10am-12pm
OR Thursdays 22, 29 August & 5, 12, 19 September, 12-2pm

MY KIDS & ME

For Parents who have had their children removed from their care

Parents explore grief and loss and its impact on children and the family. Assists Parents to develop strengths and build support networks.

7 x 2.5 hour sessions held weekly

FREE

Tuesdays 13, 20, 27 August & 3, 10, 17, 24 September 9:30am-12pm

BRINGING UP GREAT KIDS

For Parents/Carers of children aged 2-10 years

Reflect on your own parenting style and develop strategies to support your child whilst taking care of yourself. Designed to promote positive and respectful parent-child relationships.

4 x 2 hour sessions held weekly

\$60

Thursdays 25 July & 1, 8, 15 August, 9:30-11:30am

BRINGING UP GREAT TEENS

For all Parents/Carers

Learn to promote positive and respectful parent-teen relationships. Focus on the big issues and challenges when managing conflict and connecting with teens.

4 x 2 hour sessions held weekly

\$60

Thursdays 25 July & 1, 8, 15 August, 1:30-3:30

BLACK BOX PARENTING

For all Parents/Carers

Parents explore how previous life events and experiences influence their parenting and how they interact with their children. Parents are provided with a non-judgmental environment to help build social and emotional wellbeing throughout their parenting journey.

6 x 2.5 hour sessions held weekly

FREE

Thursdays 22, 29 August & 5, 12, 19, 26 September, 10am-12:30pm

SEASONS FOR GROWTH - ADULTS

For Adults

Aims to build resilience and bring hope and confidence to adults who have experienced significant change or loss.

4 x 2.5 hour sessions held weekly

\$60

Tuesdays 23, 30 July & 6, 13 August, 2-4:30pm

25-27 AUBURN ST, WOLLONGONG

CatholicCare's Families & Communities Program is funded by the Australian Government
Concessions may apply dependent upon financial circumstances





For Parents and their Children after Separation

ROLLERCOASTER

For Children post separation

Assists children experiencing change and loss as a result of family separation. Help your children to understand and develop coping strategies.

6 sessions held weekly

\$60 per family

Tuesdays 20, 27 August & 3, 10, 17, 24 September, 3:30-5:30pm

KEEPING KIDS IN MIND

For Parents/Carers of children and young people post separation

Helps separated parents to learn to deal with emotional and practical issues of parenting after separation. Explores the impact separation has on your whole family.

5 x 2.5 hour sessions held weekly

\$100

Tuesdays 20, 27 August & 3, 10, 17, 24 September, 3:30-5:30pm

OR

Thursdays 29 August & 5, 12, 19, 26 September, 5:30-8pm



Mental Health First Aid

YOUTH

For Adults

Teaches adults how to provide initial support to youth experiencing a mental illness or are in crisis. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders and eating disorders.

2 days held over 2 weeks (14 hour program)

\$198 incl GST

Fridays 13 & 20 September, 9am-4:30pm

Counselling

CatholicCare's affordable counselling service provides support to children, adults, couples and families experiencing:

- grief and loss
- family & relationship difficulties
- stress/anxiety/depression
- changes in personal or family situations
- pregnancy loss.

Our skilled and compassionate counsellors are qualified professionals experienced in couple, family and individual counselling.